a second dose of 80 mg of adalimumab administered as a set of two injections of 40 mg of adalimumab administered to the human subject within a day, wherein the second dose is administered two weeks following administration of the first dose.

5. The method of claim **4**, wherein the method further comprises administering to the human subject a subsequent subcutaneous injection of 40 mg of adalimumab two weeks following administration of the second dose.

6. The method of claim **5**, wherein the method further comprises administering to the human subject additional subsequent subcutaneous injections of 40 mg of adalimumab, wherein the subsequent subcutaneous injections are administered two weeks apart.

7. The method of claim **4**, wherein each subcutaneous injection is administered to the human subject using a prefilled syringe.

8. The method of claim **5**, wherein each subcutaneous injection is administered to the human subject using a prefilled syringe.

9. The method of claim **1**, wherein the human subject has Crohn's disease.

10. The method of claim **1**, wherein the human subject has ulcerative colitis.

11. The method of claim **4**, wherein the human subject has Crohn's disease.

12. The method of claim **4**, wherein the human subject has ulcerative colitis.

13. The method of claim **9**, wherein the human subject achieves a Crohn's Disease Activity Index (CDAI) score of <150.

14. The method of claim **11**, wherein the human subject achieves a Crohn's Disease Activity Index (CDAI) score of <150.

15. The method of claim **2**, wherein the human subject has Crohn's disease.

16. The method of claim **15**, wherein the human subject achieves a Crohn's Disease Activity Index (CDAI) score of <150.

17. The method of claim **2**, wherein the human subject has ulcerative colitis.

18. The method of claim **3**, wherein the human subject has Crohn's disease.

19. The method of claim **18**, wherein the human subject achieves a Crohn's Disease Activity Index (CDAI) score of <150.

20. The method of claim **3**, wherein the human subject has ulcerative colitis.

21. The method of claim **1**, wherein each subcutaneous administration is with a prefilled syringe.

22. The method of claim **2**, wherein each subcutaneous injection is administered to the human subject using a prefilled syringe.

23. The method of claim **3**, wherein each subcutaneous injection is administered to the human subject using a prefilled syringe.

24. The method of claim **5**, wherein the human subject has Crohn's disease.

25. The method of claim **24**, wherein the human subject achieves a Crohn's Disease Activity Index (CDAI) score of <150.

26. The method of claim **5**, wherein the human subject has ulcerative colitis.

27. The method of claim **6**, wherein the human subject has Crohn's disease.

28. The method of claim **27**, wherein the human subject achieves a Crohn's Disease Activity Index (CDAI) score of <150.

29. The method of claim **6**, wherein the human subject has ulcerative colitis.

30. The method of claim **6**, wherein each subcutaneous injection is administered to the human subject using a prefilled syringe.

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